



DISTRICT OF COLUMBIA PUBLIC SCHOOLS

Food & Nutrition Services

Nutrition Information on Food Items Used in School Menus 2020-2021 School Year

NOTE: Food and Nutrition Services attempts to provide nutrition information that is as accurate as possible. It is based upon standard portion product guidelines, and variations of serving sizes and/or ingredient content may occur. (Nutritional information is provided by manufacturers and USDA and is subject to change periodically).

Revised February 11, 2021

BREAKFAST FOODS

Product Description	Portion Size	Kcals	Fat (g)	% Kcals from Fat	Sat Fat (g)	% Sat Fat	Trans Fat (g)	Protein (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Additional Comments
Apple Pie Parfait	1 serving	307	4	12%	1	3%	0	7	63	128	4	Homemade Granola
Fresh Baked Biscuit	1 biscuit	200	8	36%	4	18%	0	5	29	330	2	Whole Grain
Cereal, Cinnamon Chex	1 pkg (1oz)	120	2.5	19%	0	0%	0	1	23	170	1	Whole Grain
Cereal, Frosted Mini Wheats	1 pkg (1oz)	100	0.5	5%	0	0%	0	2	24	0	3	Whole Grain
Cereal, Raisin Bran	1 pkg (1.25oz)	110	0.5	4%	0	0%	0	3	28	120	4	Whole Grain
Cheerios® Cereal Bar	1 pkg (1.42oz)	150	3.5	21%	0.5	3%	0	2	30	85	3	20% RDA Calcium
Cheese Stick	1 pkg (1oz)	60	3	45%	2	30%	0	7	1	200	0	20% RDA Calcium
Egg & Cheese Biscuit	1 sandwich	300	16	48%	7.5	23%	0	11	30	640	2	Whole Grain
Egg & Cheese English Muffin	1 sandwich	220	9.5	39%	3.5	14%	0	12	23	580	1	Whole Grain
Eggo® Mini Pancakes	1 pkg (3.03oz)	210	6	26%	1	4%	0	4	35	320	4	Whole Grain
Eggo® Mini Waffles	1 pkg (2.65oz)	200	5	23%	1.5	7%	0	4	35	220	4	Whole Grain
Hard Boiled Egg	1 egg	70	5	64%	1.5	19%	0	6	1	55	0	
Homemade Breakfast Pizza	1/16th slice	173	8	42%		0%	0	9	16	460	2	Whole Grain
Nutrigrain® Bar, Blueberry	1 pkg (1.55oz)	150	3.5	21%	0.5	3%	0	2	30	135	3	Whole Grain
Pineapple Overnight Oats	1 serving	231	3	12%	1	4%	0	8	44	85	3	Whole Grain
Zucchini Loaf	1 pkg (3.4oz)	260	8	28%	1.5	5%	0	5	44	240	2	Whole Grain
Fruit Items												
Applesauce	4oz	50	0	0%	0	0%	0	0	12	10	2	
Fresh Apple Slices	1 pkg (2oz)	30	0	0%	0	0%	0	0	7	0	1	
Fresh Apples	1 each	70	0	0%	0	0%	0	0	20	0	3	

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Fresh Banana	1 each	105	0	0%	0	0%	0	1	27	0	3	
Fresh Oranges	1 each	45	0	0%	0	0%	0	1	11	0	2	
Homemade Apple Butter	1/2 cup	97	0	0%	0	0%	0	0	25	10	2	
Juice, Apple	1/2 cup	50	0	0%	0	0%	0	0	13	0	0	100% Juice
Juice, Orange	1/2 cup	60	0	0%	0	0%	0	0	14	0	0	100% Juice
Peach Cups	1/2 cup	80	0	0%	0	0%	0	1	19	0	1	
Pineapple Tidbits	1/2 cup	80	0	0%	0	0%	0	0	20	0	1	
Milk (8oz)												
Skim Milk	8 oz.	80	0	0%	0	0%	0	8	12	115	0	30% RDA Calcium
Low-Fat 1%	8 oz.	110	2.5	20%	1.5	12%	0	8	12	115	0	30% RDA Calcium